

# Orange Belt (Seichi-kyu) Practice Schedule



Week 1 – Skill focus – Developing Wauke Block, Front Kick, Side Kick (Lessons 42-43).

1. Review Orange Belt Lessons 42-45 – Hojoundo 3-6
2. Warm-up 10 front punches, 10 front kicks.
3. Sanchin Kata
4. Kanshiwa Kata
5. Perform 10 each Hojoundo 1-2 – 5 From left Sanchin Stance then 5 From right Sanchin Stance
6. Perform 20 each Hojoundo 3-6 (Shomen Geri and Sokuto Geri) - 10 From left Sanchin Stance then 10 From right Sanchin Stance

Week 2 – Skill focus – Learning Advanced Strike (elbow) & Multiple Counter Attack Sequences (Lessons 44-45)

1. Warm-up 10 front punches, 10 front kicks, 10 High Blocks, 10 Wauke Blocks
2. Sanchin Kata
3. Kanshiwa Kata
4. Review Orange Belt Lessons 46-51 – Kumite 1-2
5. Perform 10 each Hojoundo 1-6 / 5 From left Sanchin Stance then 5 From right Sanchin Stance
6. Perform 4 each Kumite 1-2 / attack and defense
7. Sanchin Kata
8. Kanshiwa Kata

Week 3 – Skill focus – Learning Multiple Step Defense/Attack Sequences (kumite)

1. Warm-up 10 front punches, 10 front kicks, 10 High Blocks, 10 Wauke Blocks
2. Sanchin Kata
3. Kanshiwa Kata
4. Review Orange Belt Lessons 52-53 – Kumite 3
5. Perform 10 each Hojoundo 1-6 / 5 From left Sanchin Stance then 5 From right Sanchin Stance
6. Perform 4 each Kumite 1-3 / attack and defense
7. Sanchin Kata
8. Kanshiwa Kata

Week 4 – Skill focus – Developing proficiency with Sanchin, Kanshiwa, Hojoundo, and Kumite

1. Warm-up 10 front punches, 10 front kicks, 10 High Blocks, 10 Wauke Blocks
2. Sanchin Kata
3. Kanshiwa Kata
4. Review all Orange Belt Lessons Looking for details in training
5. Perform 10 each Hojoundo 1-6 / 5 From left Sanchin Stance then 5 From right Sanchin Stance
6. Perform 4 each Kumite 1-3 / attack and defense
7. Sanchin Kata
8. Kanshiwa Kata
9. Sanchin Kata
10. Kanshiwa Kata